



MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166

November 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>2</p> <p>Chair Yoga 9:30AM Only</p> <p>"Happy Knitting" 10am-11am</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Open Gym*</p>	<p>3</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>4</p> <p>9-10AM Music Appreciation</p> <p>10-11AM Basic Sight Reading</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Open Gym*</p> <p>Pet Loss Support Group 2-3PM</p>	<p>5</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Choral Group 10-11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>
<p>8</p> <p>NO Chair Yoga</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>9</p> <p>NO Chair Yoga</p> <p>"Happy Knitting" 10am-11am</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Open Gym*</p> <p>Pink Party 1PM</p>	<p>10</p> <p>NO Chair Yoga</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>11</p> <p>Veterans Day CLOSED</p> 	<p>12</p> <p>NO Chair Yoga</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p> <p>Choral Group 10-11AM</p>
<p>15</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>16</p> <p>Chair Yoga 9:30AM Only</p> <p>"Happy Knitting" 10am-11am</p> <p>Choral Group 10-11AM</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Open Gym*</p>	<p>17</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p> <p>Karaoke 12PM-1PM</p>	<p>18</p> <p>9-10AM Music Appreciation</p> <p>10-11AM Basic Sight Reading</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Open Gym*</p>	<p>19</p> <p>No Chair Yoga Today</p> <p>Choral Group 10-11AM</p> <p>Lunch 11AM-2PM</p> <p>Birthday & Anniversary Celebration 12pm</p> <p>Open Gym*</p>
<p>22</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>23</p> <p>Chair Yoga 9:30AM Only</p> <p>"Happy Knitting" 10am-11am</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Open Gym*</p> <p>Pink Party 1PM</p>	<p>24</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Thanksgiving Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>25</p> <p>Happy Thanksgiving! CLOSED</p> 	<p>26</p> <p>Thanksgiving (Observed)</p> 
<p>29</p> <p>Chair Yoga 9:30AM & 11AM</p> <p>Lunch 11AM-2PM</p> <p>Open Gym*</p>	<p>30</p> <p>Chair Yoga 9:30AM Only</p> <p>"Happy Knitting" 10am-11am</p> <p>Lunch 11AM-2PM</p> <p>Tai Chi 11:30AM</p> <p>Pink Party 1PM</p> <p>Open Gym*</p>		<p>*Open Gym Hours Mon-Thurs. 8AM-8:50AM & 2:30-4:30PM Fridays 9AM-4PM</p>	<p>Call us for more information</p>  <p>(305) 805-5160</p>

MIAMI SPRINGS ADULT COMMUNITY CENTER

SERVICES and ACTIVITIES

Residents of Miami Springs and Virginia Gardens, age 55+ are eligible to become members of the Miami Springs Adult Community Center by filling out a few simple forms. Members participate (at no cost) in a variety of services and activities offered at our new state of the art facility.

CONGREGATE MEALS:

Hot lunch meals are served weekdays from 11:00 a.m.–2:00 p.m.

for members age 60+ to assist in maintaining a nutritionally balanced diet and to provide opportunities to engage and socialize with peers.

**Guests under 60 years of age are able to enjoy a meal for \$4.83 per meal.*

➤ HEALTH SUPPORT ACTIVITIES:

Must be registered with the Miami Springs Adult Community Center to participate in the following:

- **CHAIR YOGA**

(Instructor: Vanessa Duenas)
Mondays, Tuesdays, Wednesdays,
Fridays: 9:30am-10:30am.

Mondays, Wednesdays, Fridays:
11:00am-12:pm

**Located in the Betty Bray Fitness Room*

- **TAI CHI**

(Instructor: Judd Zisquit)
Tuesdays and Thursdays:
11:30am—12:30 p.m.

**Located in the Betty Bray Fitness Room*

- **GYM TRAINING**

(Instructor: Liliana Silva)

Gym Training classes fill up quickly so advance registration is required!

Monday- Thursday:
9:00am - 9:50am

Group Training Advanced

10:30am – 11:20am

Group Training Intermediate

12:00pm – 12:50pm

Group Chair Beginning

1:30pm – 2:20pm

Free Style All Levels

- **OPEN GYM**

(No Instructor)

Monday-Thursday:
8:00AM-8:50AM &
2:30PM-4:30PM

Friday: 9am-4pm



TRANSPORTATION:

Daily pick up and drop off utilizing the center's 18 passenger bus, is provided to members upon request.

MARK YOUR CALENDER...

- Thanksgiving Lunch
November 24th, 2021
11am-2pm



Adult Community Center closed November 25th & 26^h for Thanksgiving!



nobody fights alone

Come join the

PINK

PARTY

Thrivers & Survivors
on the 2nd & 4th Tues.
of every month at 1pm.
Nov. 9th & Nov. 23rd

Loan Closet



The Miami Springs Adult Community Center operates a Loan Closet from which people can borrow durable wheelchairs, walkers, canes, etc. The Lending Closet is particularly useful if you are recovering at home after surgery or illness. Items can be borrowed for a period of three months. Extended borrowing periods can sometimes be accommodated, if our inventory permits. This is a free service to our community however appointments must be made to borrow, return or donate equipment.

For more information on any of the services, activities, or special programs offered please contact us at (305) 805-5160.



*Do you enjoy music?
Come join us for music classes this month!*

Every Thursday:

Music Appreciation 9am

Basic Sight Reading 10am

Every Friday:

Choral Group 10am



Celebrating
November Birthdays
& Anniversaries on
Friday, November 19th, 2021

HAPPY
Anniversary!



Thursday,
November 11th, 2021
10am-11am and

Located in the Rebeca Sosa Dining Room

BOOK CLUB

Thursday,
November 4th, 2021
1pm-2:30pm
in the Bryan Avila Room

This month's book:

TBD